



asthma

make a *personal* commitment
to your health

You don't want asthma to control your life.

Neither do we.

*Missed school and work are uncomfortable realities for asthma sufferers. Whether you or your child is coping with the illness, the effect can be significant. That's why we designed **CIGNA Well Aware for Better Health® for asthma**. A program that provides personal support to help you understand asthma and manage it more effectively. And a wide selection of educational materials and tools to help you improve your health and well-being. The only thing you really need to add is your personal commitment.*

Outsmart your asthma.

You're probably already receiving care for asthma. So how does **Well Aware** support your doctor's treatment plan? For one thing, it helps you become more responsive to your own needs. Not just by reaching for an inhalant during an attack. But also by knowing more about your own triggers, whether they're dust, dander, smoke or other irritants. Recognizing your own symptoms, from waking up at night to coughing. And knowing when to contact your doctor.

Well Aware also provides the support, including educational material and health reminders to meet your needs. For kids and teens, we'll even provide age-appropriate asthma workbooks. Along with a guide that helps parents talk with their kids about asthma.

And because there's no substitute for personal contact, **Well Aware** has a team of registered nurses and other clinicians available to you by phone 7 days a week, 24 hours a day. They're here to support you. Making sure you're taking the right medications and getting the right treatment. And offering the reassuring benefit of their experience with people living with asthma.



CIGNA

A Business of Caring.



Take control of your life.

Asthma doesn't have to keep you from a fulfilling, active life. Through **Well Aware**, you can learn to avoid triggers, anticipate symptoms and manage them better. You can reduce the risk of complications by following a plan you've worked out with your doctor. And if you do become ill, you'll be better equipped to deal with it. You'll learn to improve your health. And become more responsive to your own needs. So you can spend less time being an asthma patient and more time living your life.

Our commitment.

To help us deliver high-quality service that you can rely on, the **Well Aware** for asthma program works with Healthways, Inc., the nation's largest, most experienced disease management company. With 20-plus years experience, Healthways provides services to more than one million people, and is the winner of the prestigious Comprehensive Disease Management Company Leadership award.

Find out more.

For more information about the **Well Aware** for asthma program, call the **Well Aware** team at **1.866.797.5833**, or visit our website at www.cigna.com/wellaware.

If you have questions about your benefit plan, please call your health plan's Member Services.

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